

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



JANUARY 2023

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message

Happy New Year Senior Center Friends! Hope you enjoyed the holiday season and are looking forward to a new year!

Please be sure to read the newsletter for all the latest and greatest information.

Thank You to our volunteers! We appreciate you and you are **AMAZING!** Thanks to Jim Martino, Lion's Club & Lending Locker, FAVARH Community Cruisers & Brighter Days-ies, intern Carly, program and meal helpers and Jodi & Dayna for their help with CRT Lunches on Tuesdays & Thursdays. We are successful because of you and we are so thankful for all you do.

As we say goodbye to one year and start a new year, please let's make it great! We have a fantastic Senior Center family and are here for one another. Please remember to speak with kindness and be gentle with one another. Let's move through these days thinking of others and spreading joy, peace and love.

Please remember to stay safe, warm, healthy and in good spirits during the winter season. You can always join us for some socialization and recreation! We enjoy your company.

Take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



A NEW YEAR

- * Renewed Hope
- * New Opportunities
- * New Adventures
- * New Ways to Give and Love.

*May this be
your best year ever!*

Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED. ****Meals at 12:00 & program at 12:30****

Monday, January 23, 2023

**Home Instead- West Hartford
Bingo & Presentation**

Monday, January 30, 2023

Musical Entertainment & Performance

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.



UPcoming EVENTS

Please call
860-675-4355
to sign up!

Tech Talk with the Intern Wednesdays at 10:30 am January 11 & 18

Intern Carly will be here to help with your tech questions— computer, phone, tablet, email, etc.

Memory Screenings Wednesday, January 25, 2023 1:00-3:00 pm (15 minute appt times) Please Sign Up Arden Courts of Avon Promedica Memory Care

Grab & Go Wednesday, January 25, 2023 12:30 pm

Blanket Brigade Friday, January 27, 2023 4:00-8:00 pm

We will be making blankets to donate to keep our neighbors in need warm this winter. Come join us, no sewing skills needed. All materials provided, we need you to help us put the blankets together.

Please call Avon Senior Center at 860-675-4355 to sign up.



Brighter Days-ies

Favarh friends on Tuesdays
from 9:30-11:00 making
beautiful flower arrangements.
Join us, no sign-up necessary.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.



Senior Medicare Patrol
1-800-994-9422
www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud, errors, abuse, questions, concerns, complaints.

Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 8 through April 12. Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.

In scope tax returns: AARP volunteers are trained to assist taxpayers to file Form 1040 and other common schedules and forms. More complex or unusual tax returns may be out of scope and volunteers are prohibited from assisting tax payers with them.

What to bring:

Face Mask, phone and writing instruments.

Photo ID and proof of Social Security numbers for all household members.

Complete copy of last year's tax return, including all source papers.

Personal check showing bank account and routing numbers (if direct deposit or debit is requested).

All tax forms, including but not limited to:

SSA-1099, Social Security Statement
1099-R for pensions, IRA's and annuities
1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-MISC)

W-2, Wage and Tax Statement

W-2G Certain Gambling Winner Forms

Form 1444 – Notice of Economic Impact Payment

Unemployment Forms 1099-G must be printed out prior to appointment

All documents that relate to deductible expenses

Evidence of cash charitable donations, even if you will not be itemizing

Stimulus payments documents

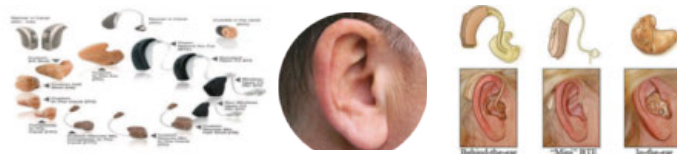
Documentation of cost basis of assets sold



FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, January 26 from 10-12.





AARP Fraud Watch Network: identity theft, investment fraud & scams. www.aarp.org/fraudwatchnetwork or 1-877-908-3360
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.

www.aarp.org/fraudsupport.

The Perfect Scam

https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY-NA&encparam=FHgUVL%2baTSyQe1iQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d

Interested in Cornhole (Bean Bag Toss), Badminton, Billiards— please let us know. We have the equipment and the space, just bring you!

3-13 CARD GROUP

Tuesdays at noon. Join us!
 New players welcome.
 Easy to learn & fun to play.



Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

CRT CONGREGATE MEAL Community Café/Lunch Program IN-PERSON AT SENIOR CENTER

Tuesdays and Thursdays
 Please call to sign up at 860-675-4355.

Blood Drive

Avon Senior Center
 January 6 & 27, 10:00-3:00



**American
 Red Cross**

Please call 1-800-RED CROSS
 (1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
 Fee: \$66.00
 Non Resident Fee: \$72.60

Jan. 11—March 22
 Senior Fee: \$59.40

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.
 (no class 1/16, 2/20)
 Fee: \$74.00
 Non Resident Fee: \$81.40

Jan. 9—March 27

Senior Fee: \$66.60

Zumba Gold

Wednesdays, 5:45-6:45 p.m.
 Fee: \$80.00
 Non Resident Fee: \$88.00

Jan. 11—March 22
 Senior Fee: \$72.00

Barre Stretch & Flex

Thursdays, 1:30-2:30 p.m.
 Fee: \$77.00
 Non Resident Fee: \$84.70

Jan. 12—March 2
 Senior Fee: \$69.30

Line Dancing

Thursdays, 2:30-3:30 p.m.
 Fee: \$77.00
 Non Resident Fee: \$84.70

Jan. 12—March 2
 Senior Fee: \$69.30

Badminton

Tuesdays, 6:30-8:30 p.m.
 Fee: \$54.00
 Non Resident Fee: \$59.40

Jan. 10—Feb. 28
 Senior Fee: \$48.60

Badminton

Thursdays, 6:30-8:30 p.m.
 Fee: \$54.00
 Non Resident Fee: \$59.40

Jan. 12—March 2
 Senior Fee: \$48.60

For more information about registering, classes and setting up your account, please visit:

<https://avonct.myrec.com/info/>



Receive Emergency Updates from the Town of Avon!



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

“Town Alerts” & “Town News and Announcements”

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)

Chess

Interested in playing Chess, please call.
 Looking for new players!

Caregiver stress: Tips for taking care of yourself By Mayo Clinic Staff**Caring for a loved one strains even the most resilient people.****If you're a caregiver, take steps to preserve your own health and well-being.**

As the population ages, more caregiving is being provided by people who aren't health care professionals. About 1 in 3 adults in the United States provides care to other adults as informal caregivers. Caregiver: anyone who provides help to another person in need. Family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

Caregiving is rewarding but stressful— Being there when a loved one needs you is a core value and something you wish to provide. Caregiver stress- emotional and physical stress- is common. It can make you vulnerable to changes in your health. You're so focused on your loved one that you don't realize that your own health and well-being are suffering.

Strategies— Remember, if you don't take care of yourself, you won't be able to care for anyone else.

Accept help. Be prepared with a list of ways that others can help you, and let the helper choose what they would like to do: (take the person you care for on a walk a couple of times a week, run an errand, pick up groceries or cook for you).

Focus on what you are able to provide. It's normal to feel guilty sometimes, no one is a "perfect" caregiver. Believe that you are doing your best and making the best decisions.

Set realistic goals. Break large tasks into smaller, do one at a time. Prioritize, make lists and establish a daily routine. Say no to requests that are draining, such as hosting holiday meals.

Get connected. Resources- classes specifically about the disease your loved one is facing. Caregiving services- transportation, meal delivery or housekeeping may be available.

Join a support group. Validation and encouragement, problem-solving strategies for difficult situations, people understand what you're going through, create meaningful friendships.

Seek social support. Stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's a walk with a friend.

Set personal health goals. Establish a good sleep routine, be physically active most days, eat a healthy diet, drink plenty of water. Not getting quality sleep over a long time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

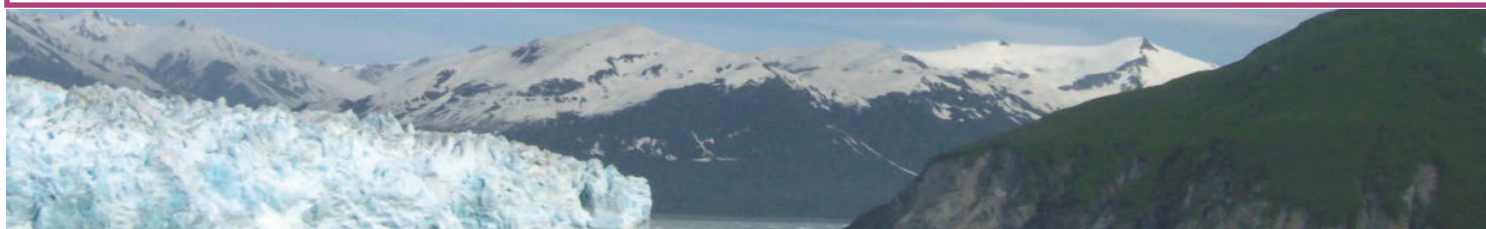
See your doctor. Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Respite care- It may be hard to imagine leaving your loved one in someone else's care, taking a break can be one of the best things you do for yourself — as well as the person you're caring for.

Ex: In-home respite, Adult care centers and programs, Short-term nursing homes.

You're not alone- Rather than struggling, take advantage of local resources.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

**AVON ACES WII BOWLING TEAM
NEEDS YOU!**

We are looking for more people to join us.
We practice and play on Tuesday mornings. We
would love to have you be a part of our team!
Please contact Avon Senior Center at 860-675-4355.

Musical Moments Concerts!

Holiday Concert Link: <https://www.youtube.com/watch?v=P8RCxqENKpw>.

Classical Music: <https://www.youtube.com/watch?v=HTw5aZuFp9c>

Website: <https://musicalmomentsct.weebly.com/>
Serena Platt Co-Founder of Musical Moments



**NOW BOOKING
COVID-19
VACCINE
APPOINTMENTS**
Ages 18 and up

The Farmington Valley Health District is the local health department serving the towns of Avon, Barkhamsted, Canton, Colebrook, East Granby, Farmington, Granby, Hartland, New Hartford, and Simsbury.



**SCHEDULE ONLINE OR
BY PHONE**
Scheduling options:

- 1 Visit our website at fvhd.org/vaccination
- 2 Schedule by phone, (860) 352-2333 (8am-4pm, Monday-Friday)



Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support

Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*



988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress.

People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



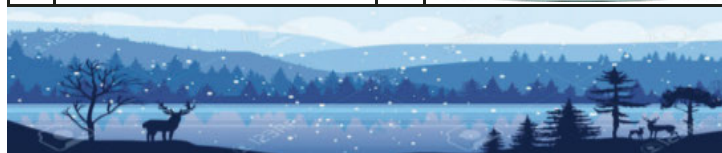
AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
Card Group- Tuesdays at 1:00 p.m.
Scrabble- Tuesdays at 1:00 p.m.
Knitting- Mondays at 1:00 p.m.
Setback- Wed & Fri at 1:00 p.m.
Chess- Wednesdays at 1:00 p.m.
Wii Bowl- Tuesdays 10-2 & various
Beading Group- Thursdays at 12:30 p.m.

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See menu below:

TUESDAY		THURSDAY	
3	Stuffed Shells w/ Tomato Cream Sauce Parmesan Cheese Italian Mix Veggies Garlic Knot Fruit	5	Rosemary Chicken Baked Potato Sour Cream Parslied Carrots 12- Grain Bread Fruit
10	Orange Juice Chicken Marsala Egg Noodles Vegetable Blend Italian Bread Jello Cup	12	Apple Juice Baked Pork Loin w/ Gravy Sweet Potatoes Brussels Sprouts Oatnut Bread Cookie
17	Plain Omelet w/ Ham & Pepper Cheese Sauce Lyonnaise Potatoes Prince Edward Veggies Rye Bread Fruit	19	Orange Juice Teriyaki Beef Bites Vegetable Fried Rice Asian-Style Veggies 12 Grain Bread Ice Cream Cup
24	Chicken Noodle Soup Baked Chicken w/Gravy Mac N 'Cheese Chuckwagon Veggies Saltine Crackers Fruit	26	Baked Fish w/ Sauce Orzo Asparagus Whole Wheat Bread Fruit
31	Orange Juice Pot Stickers/Duck Sauce Vegetable Fried Rice Seasoned Peas Wheat Dinner Roll Frosted Cake		



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth
Vice President & Cheer– Vivan Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We wish you a Happy New Year filled with special moments and happy memories. We hope that you have joy in your home and peace in your world throughout the year.

We look forward to seeing you in the Spring. Looking for your feedback on future luncheon programs. Please call me with suggestions... Helen Toth at (860-225-7124)

We are in the middle of our membership drive. Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2023 Season. Please see Barbara if you have any questions or call her at (860-404-5436).

Happy Birthday to the following Members:
January 2nd – Janet Bilodeau
January 14th – Rose Bennett

Helen M. Toth



We have before us the
glorious opportunity
to inject a **new**
dimension of
Love
into the veins
of our civilization.

– Martin Luther King Jr.

For last year's
words belong to
last year's
language and next
year's words await
another voice.

Wishing you beautiful moments,
treasured memories,
and all the blessing a heart can know.

Happy New Year!

@happymagics



Happy New Year
May this new year all your
dreams turn into reality
and all your efforts into
great achievements.

@therandomvibez

Senior Citizens of Avon Organization
Everyone is Welcome – Reservations Required

FUTURE LUNCHEON EVENTS:


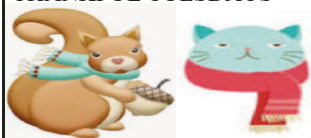


During the months of January and February we will be on Winter break. We will resume programs in March 2023. Enjoy the winter months. Please check this newsletter for updates.



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>
Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR NEW YEARS HOLIDAY 2 	9:00 Wii Bowling 3 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 4 10:00 Cornhole 1:00 Setback 1:00 Chess 	9:00 Wii Bowling 5 11:30 BP check 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	9:00 Wii Bowling 6 1:00 Setback BLOOD DRIVE 
9:00 Wii Bowling 9 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 11 10:00 Cornhole 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12 12:00 CRT Lunch 12:30 Beading 1:30 Barre 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 13 1:00 Setback 1:00 Ping Pong 
CLOSED FOR MLK DAY 16 	9:00 Wii Bowling 17 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 18 10:00 Cornhole 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 19 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:30 Barre 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 20 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 23 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 24 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 25 10:00 Cornhole 12:30 Grab & Go 1:00 Memory Screenings 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 26 12:00 CRT Lunch 12:30 Beading 1:30 Barre 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 27 1:00 Setback 4:00 Blanket Brigade BLOOD DRIVE 
9:00 Wii Bowling 30 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 31 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 			

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Farmington Valley

Visiting Nurse Association

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- Parkinson's Movement Specialists
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Patient-Centered Care

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- ✦ Long-term care
- ✦ Post-acute & transitional care
- ✦ Respite care
- ✦ Alzheimer's & dementia care
- ✦ Hospice and palliative care
- ✦ Physician & nursing services
- ✦ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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Urgent Care in Canton

When you need care and your primary care practitioner isn't available, turn to UConn Health Urgent Care in Canton. We provide treatment for many non-life-threatening illnesses and injuries, such as back and neck pain, fractures, sprains, viruses, and infections with no appointment necessary.

With online appointment scheduling and X-ray and laboratory services onsite, it has never been easier to get the care you need when you need it.

117 Albany Turnpike, Canton, CT 06019

Hours: Monday to Friday, 8 a.m. to 8 p.m.

Weekends and Holidays, 9 a.m. to 5 p.m.

health.uconn.edu/urgent-care

**UConn
HEALTH**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Avon Senior Center, Avon, CT

06-5002